



gastronomi expressen

BREAKFAST WEEKS 17-24

WEEK 17

Monday 24.4

Stir-fried with noodles, pork and plenty of vegetables flavoured with citrus, roasted sesame and light soy, melon salad, sourdough bread and chili oil

Vegetarian: Tofu instead of pork

Tuesday 25.4

Nice buffet with cold and hot items and good greens for everyone

Wednesday 26.4

Spicy tomato soup with toppings, garlic bread and hearty wheat kernel salad

Vegetarian: Same

Cake: Cinnamon cake with coffee glaze

Thursday 27.4

Fried fish of the day with edamame beans in fricassee with green asparagus,

Vegetarian: Crispy filo pie with goat cheese and tomatoes, fricassee with edamame beans and green asparagus

Friday 28.4

North African chicken with parsley and fresh coriander, chickpeas, cous cous salad with peppers and tomatoes, mint dip and sesame bread

Vegetarian: North African cassoulet with warm lentil terrine, chickpeas parsley and fresh coriander, cous cous salad with peppers and tomatoes, mint dip and sesame bread



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Week 18

Monday 1.5

Tagliatelle al arrabiata with roasted turkey and spring onions. To this, salad with grilled vegetables in citrus and pepper, rosemary bread

Vegetarian: Stuffed portobello with chickpeas and pecorino

Tuesday 2.5

Daal with various side dishes as well as sweet and sour cabbage salad and naan bread

Vegetarian: same

Wednesday 3.5

Open sandwiches (make it DIY) with green elements on coarse bread

Vegetarian: Vegetarian cold cuts and green elements on coarse bread

The cake: Rhubarb cake with almonds and yoghurt

Thursday 4.5

Poached veal breast served with noodles, lots of vegetables. Quick pickled cucumbers and cabbage salad kimchee style, with wheat bread with kernels

Vegetarian: Ramen with tofu, mushrooms and rice noodles

Friday 5.5

Closed - The Last "Great Day of Prayer!"



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Week 19

Monday 8.5

Fried chicken breast with 2 mixed salads (1 cold and 1 warm) rosemary focaccia
Vegetarian: Stuffed egg plants with parmesan, 2 mixed salads and rosemary focaccia

Tuesday 9.5

Marinated pork cheeks "Asian style" with noodles and fried teriyaki vegetables, sweet and sour salad with watermelon and mint
Vegetarian: Haloumi instead of pork

Wednesday 10.5

Vegetable curry and seasoned rice, toasted coconut and seasoned oil
Vegetarian: Same
The cake: Carrot cake with cream cheese and lime

Thursday 11.5

Ground beef with spring garnish, baked potatoes with herb dip and rich green salad
Vegetarian: Mushroom flan instead of ground beef

Friday 12.5

Turkey meat balls with herbs and tarragon, plus new potatoes with yogurt and coarse mustard, salad with chickpeas and coarse bread
Vegetarian: Beans instead of turkey



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Week 20

Monday 15.5

Spaghetti with roasted chicken and vegetables in citrus and basil, coarse salad with roasted peanuts, coarse bread

Vegetarian: roasted roots instead of chicken

Tuesday 16.5

Salmon meat balls, red curry with pimento and onion, noodles and coriander, vegetable sticks with dip

Vegetarian: Tofu instead of salmon

Wednesday 17.5

Buffet with coarse, warm and green for everyone

The cake: Rum balls

Thursday 18.5

Closed – Ascension of Christ / Cerrado - Ascensión de Cristo (al cielo)

Friday 19.5

Roast pork sandwich with raw pickled red cabbage, mustard dressing in brioche

Vegetarian: Mushroom quesadilla with spicy tomato and herbs



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WEEK 21

Monday 22.5

Pasta Carbonara, tomato salad with shallots and mozzarella, olive focaccia and good olive oil

Vegetarian: Vegetarian pasta dish, same side dishes

Tuesday 23.5

Turkey cuvette "devils rub", baked vegetables, "mashed" new potatoes, cabbage salad with sesame marinade, durum bread

Vegetarian: Huevos rancheros, same side dish

Wednesday 24.5

Rich sandwiches with green elements (DIY)

Sweet: *chocolate mousse with raw pickled strawberries and mint*

Thursday 25.5

Baked fish of the day served with asparagus fricassee, broccoli salad with citrus and pumpkin seeds, new potatoes with parsley, thyme bread

Vegetarian: Vegetable tempura instead of cod

Friday 26.5

Chili con carne with food pancakes, yoghurt, red onion et cetera

Vegetarian: Vegetarian version – chili sin carne



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Week 22

Monday 29.5

Closed – Pentecost! Try out lunch in the green / Chiusa – Pentecoste! Prova il pranzo nel verde

Tuesday 30.5

Turkey in green curry and coconut with green vegetables, loose rice and mint yoghurt with tomato

Vegetarian: Vegetable curry instead of turkey

Wednesday 31.5

Fish fillets with remo, lemon and new potatoes as salad, fennel salad with mustard dressing and sourdough bread

Vegetarian: marinated fried egg plants instead of fish fillets

Thursday 1.6

Warm noodle salad with green asparagus and chicken in soy and sesame, sweet chutney and cabbage salad

Vegetarian: Tofu instead of chicken

Cake: Cinnamon snails with rhubarb glaze

Friday 2.6

Roast country pig with parsley and citrus, pasta with baked vegetables, cauliflower crudité with almonds and skyr

Vegetarian: Ratatouille in crispy phyllo with parsley and lemon zest instead of pork



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Week 23

Monday 5.6

Chicken with cucumber salad, new potatoes with butter and parsley, peas with pearl onions, rich green salad and sourdough bread

Vegetarian: Potato pie with fennel and dill instead of chicken

Tuesday 6.6

The large cold table with warm dishes – light and elegant

Wednesday 7.6

Ground beef with cold béarnaise, crispy new potatoes, summer greens and rich salad

Vegetarian: Chickpea steak instead of beef

Cake: Chocolate brownie with peanuts

Thursday 8.6

Fish'n chips with herb sauce and bitter salads with filling

Vegetarian: Crisp filo rolls with filling instead of fish

Friday 9.6

Vitello tonnato, crudité, cress, rye crunch

Vegetarian: Vegetarian version with egg plant and romesco salsa

Watermelon and ragusa



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Week 24

Monday 12.6

Pita with beef and vegetable filling and yogurt dressing
Vegetarian: Pita with Vegetarian filling instead of beef

Tuesday 13.6

Gourmet prepared country pig served with fried scallion with lemon and green asparagus. To this, romesco sauce and small new potatoes and sourdough bread.
Vegetarian: Stuffed bell peppers instead of the pig

Wednesday 14.6

Warm potato soup with potato filling, chive creme fraiche and thyme bread
Vegetarian: Same
The sweet: strawberry trifle with almond sprinkles

Thursday 15.6

Veal steak with summer side dishes, new potatoes with herb dip and rich green salad
Vegetarian: Green asparagus (temperate), vinaigrettes with parmesan instead of crebinet

Friday 16.6

Caesar salad with chicken, parmesan and garlic croutons and green asparagus
Vegetarian: Caesar salad with crispy haloumi, parmesan and garlic croutons and green asparagus
Melon and summer berries with yogurt and floral honey